

HOW TO LIVE— AND GROW YOUNG

Arthur E. Stilwell, Railroad Builder, 62,
Learns Secret From His Famous Brownies

"First Thing to Do," He Says, "Is to BELIEVE That
You Can Be Young—Then Banish Hate, Worry,
Envy, and Cultivate Sunshine and Joy—
Above All, Be Moderate in Your Eating."

By Fay Stevenson.

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WITHIN the last few days the following items have appeared in the news columns:
Mrs. M. A. Ryan of Chicago, 100 years old, bakes her family's bread and "would be ashamed" to patronize a bakery.
Mrs. Elizabeth Smith of No. 436 West 42d Street, eighty-seven years old, has enrolled to march in the anti-dry parade July 4.
Maston Christian of Webster County, West Virginia, eighty-one years old, has just taken his seventh bride.
Thomas H. Farrell of Cleveland, eighty years old, is waiting impatiently for warm weather in order to go swimming.

"These are unusual news oddities to-day, but in a few years—possibly in a decade, such things will be as commonplace as similar acts by young people," commented Arthur E. Stilwell of No. 576 Fifth Avenue.

Mr. Stilwell, railroad builder, financier and author of "By Order of The Brownies," is spreading the gospel of Live and Grow Young, asserting that the abolition of decrepit old age lies with every man who will believe in his ability to turn his back on Father Time.

Mr. Stilwell, who is sixty-two years old, asserts that he has stopped growing old and has started back toward youth within the past six months. The secret of how to be young, he says, was revealed to him in his sleep just as other important matters in his life have been revealed. For although Arthur E. Stilwell is regarded as perhaps the greatest railroad builder in America now alive, and has built the Kansas City Southern Railroad, Kansas City Suburban Belt Railroad, Kansas City Northern Connecting Railroad, Omaha and Eastern Railroad, Kansas City, Mexico and Orient Railroad, designed and built the great harbor at Port Arthur, Tex., he declares that his wonderful success has been the direct result of Brownies' aid and guidance.

Now, the Brownies have told him that the first thing to do to keep from growing old is to believe that you can be young and to refuse to believe that the normal span of man's life is seventy years. Then stop being "mesmerized by the thought of years."

"Rise above the mesmerism of years if you would retain youth," said Mr. Stilwell. "Then the lines of age will not be manifest in your face. You will stand erect at 100 or more, and your step will have the elasticity of youth, for your thoughts and your viewpoint are building your atmosphere and will be reflected in your body."

"To live and grow young, you must banish hate, worry and envy. You must cultivate sunshine and joy, and, above all, you must use moderation in your eating."

"The life that three score years and ten is the allotted time of man's life has been believed too long. Man never will be free from the shackles of this belief until he understands that it is a fable. Cultivate a confidence that you are not growing old and infirm. Believe in yourself and your ability to do things as well after seventy as before."

"Avoid, all you can, everything connected with the death thought. Do not form a habit of looking for and reading the obituary notices. Never mind who is passing away. Keep your mind on life and everything it represents. Do not attend funerals just for the sake of seeing how they are conducted. Some people make it a practice to go to the funeral of every prominent person."

"While it may be necessary to attend your brother's funeral, you need not make a practice of attending those of all your distant relatives and favorite movie stars. Funerals are permeated with the mesmerism of death."

Mr. Stilwell advises that instead of pondering on old age and death, one should affirm youth and life morning and night and he will live on indefinitely in vigorous enjoyment of existence.

NEW INVENTIONS.

FRIENDS entirely surround an automobile designed by a North Carolina man with a view to protecting its occupants in event of a collision from any angle.

Because it is the air that it compresses ahead of it that makes a baseball bounce from a glove, an inventor has brought out a glove so constructed that the air escapes through valved outlets.

Its inventor has patented a tiny electric light to be so mounted on a fishing rod that it is switched on when a fish bites.

An inventor has brought out a golf club with a handle of steel tubing on which slides a grip to adjust its length.

The Mayor Of Delhi

By Bide Dudley

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MAYOR CYRUS PERKINS WALKER of Delhi delivered an address before the Women's Betterment League Wednesday evening in Hugs Hall on the subject of "Honest Shoes." As a result Mill Dodge of Anthonis, near Delhi, is out on bail awaiting trial on a charge of official indignities. Dodge was in the audience that heard the Mayor and, rumor has it, he had been dallying with moonshine.

Promptress Pertle called the meeting to order at 8 o'clock and immediately announced the Mayor's speech. Mr. Walker talked ten minutes and then shouted:

"Where will we get honest shoes?"

"From Shoe-cago," replied Dodge, cracking an old joke.

Everybody laughed, but the Mayor was plainly nettled. Continuing, he asked:

"How can we make honest shoes?"

"Dunno, Cy!" came from Dodge. "But a couple of banana peels make a pretty good pair of slippers."

It was more than Mayor Walker could stand.

"Is Constable Pelee Brown in the hall?" he asked.

"Right here, sir!" replied the officer.

"Arrest that man!"

A fight followed in which Constable Brown was knocked down four times and lost two teeth. However, one was an old snag molar that he intended to have pulled, anyway. He succeeded in quelling his man by promising him a picture of Mile. Toto, the Parisienne, doing the "Dance of the Absent Veil."

Mayor Walker believes the interruptions were part of a plot to defeat him in his race for re-election. The whole town is talking.

There is much indignation.

Courtship and Marriage

By Betty Vincent

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By Betty Vincent.

WHOM shall she please—mother or herself?

"Dorothy D." writes:
Dear Miss Vincent: During the war I met a young man whose home is in California. After being mustered out he returned to his home town. We have been corresponding for the past two years and last summer he came East to see me. At that time I told him I would never be able to live in the West. I do not love him but have tried to do so because my parents think he is the only true man that was ever born.

I find myself entirely alone, as all of my friends are getting married or else are too busy with their careers to give me their time. Every night finds me in bed by 9 o'clock. My mother used to tell me to have other men friends (but that was before I met the chap from California). Now she makes life unbearable if I mention another man's name. I have met a man whom I love dearly and he loves me, but mother is so fond of the Californian that she won't consider him at all. He is refined, has a good position and lives right in the city, but mother tells me if I marry him and give up Mr. Californian she will not give me her blessing. What am I to do; I love this man and I love mother?

Consider your own heart first of all. It would be most unwise for you to marry a man you do not love and go to California when you like the East, just to please your mother. Have you reminded your mother of the fact that if you should go West you would be separated from her while if you married the other young man you could live here in the same city with her?

Answer to L. G.—If the young lady feels that way about the difference in your religions better give up the friendship.

"OLIVE M." writes:
Dear Miss Vincent: I have a young girl friend who is deeply in love with a young man whom she has never met. We are always together and many times she has tried to show her devotion, but the young man is always around

DAILY MAGAZINE

Can You Beat It!

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By Maurice Ketten



MAXIMS OF A MODERN MAID

BY MARGUERITE MOORE MARSHALL

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The reason why a man is convinced that a woman cannot keep secrets is because she doesn't keep those which he tells her, after he has promised solemnly not to repeat them to a soul!

FIRST love is a blaze easily extinguished, but last love is a three-alarm fire which calls out all reserves of self-control, prudence and cynicism, and even then may cause incalculable damage before being put out.

GOING DOWN.

DEAR WORRIER: It may be you cannot stop thinking, but you can stop worrying. Controlling your mind becomes easy when you learn the value of BEING STILL of withdrawing within yourself and substitute a PRACTICAL idea for a worry thought. Weigh your thinking. Is it possible or feasible? You exercise your body—why not EXERCISE YOUR JUDGMENT? Sincerely, ALFALFA SMITH.

Salads for Warm Days

By Emilie Hoffman

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ON a warm day a salad is often just what the appetite craves, and it is an ideal dish for the hot weather menu, both from the point of preparation and taste.

SHRIMP SALAD.

Break boiled or canned shrimp into small pieces. Mix with half of the bulk of celery, cut in small dice or cabbage and celery chopped fine. Add one chopped hard-boiled egg or cut egg into small pieces and scatter over top of salad. Moistened with French dressing. Serve on lettuce leaves and cover with mayonnaise. Shrimp combines especially well with cucumber. Mix the broken shrimp with a small cucumber cut in thin slices and then divided into small sections. Add one chopped hard-boiled egg and a few chopped radishes. This is nice when mixed with tartare sauce and served on lettuce leaves.

MEAT SALAD

Boiled beef or veal can be converted into excellent salads. Remove all fat and gristle and cut the meat into dice. Add an equal portion of cold boiled potatoes cut into same size dice and a little finely sliced onion. Season with French dressing and serve on lettuce leaves.

VEGETABLE SALAD.

Various vegetables can be combined to make a good salad. Left-over vegetables can be used up in this way. Cut the vegetables into dice and serve on lettuce leaves with either a French or mayonnaise dressing. Potatoes, beans or peas, cabbage and either beets or carrots make a good combination. Another combination is tomatoes, cucumbers, radishes and scallions. Asparagus, string beans and wax beans is another.

The real danger of the short skirt is that it often leads a man to look where SHE'S going, instead of where HE'S going!

A friend is a person mean enough to tell you disagreeable truths which your enemies merely repeat out of your hearing.

It is the time of year when the eligible bachelor would see where no woman pursueth—only there isn't any such place!

Why is it that a man who calls on all the resources of his knowledge and judgment in choosing a car or ordering a dinner marries a woman of whom he has no knowledge and concerning whom his judgment goes to sleep at the switch?

"Short skirts and rolled stockings make rouge for the knees necessary," says a connoisseur of beauty. Gone are the days when a knee was born to blush unseen!

In India, mothers throw their babies beneath the car of Juggernaut; in the civilized and humane Occident women urge their daughters into marriage, the wheels of which are guaranteed to crush all ideals, independence and illusions.

Ever so many young persons of either sex think they are in love when they are only in June.

Vanity is emotional benzene of soda; a small quantity mixed with either love or hate preserves each passion indefinitely.

What to Do Until The Doctor Comes

By Charlotte C. West, M. D.

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Injuries to the Eye—Burns.

ACCIDENTS to the eye are, of more serious moment than accidental injuries to any other portion of the body for the reason that the inflammation almost always communicates itself to the other eye. This sympathetic inflammation becomes just as dangerous to the uninjured eye as the accident may prove to the injured eye.

The most common type of chemical burn results from unslaked lime. Mortar mixers and plasterers; housekeepers, in fact, any one using lime may splash the material into the face and sustain a severe injury to the eye. When this occurs the eye should immediately be flushed with an excess of water and the patient hastened to an eye surgeon.

When burns are caused by acids, pursue a similar course. The usual advice given for accidental burns to the eye from lye, ammonia and lime is to use weak acids like vinegar, and to treat acid burns with dilute soda. These measures are not always near at hand. We must bear in mind that speed in ridding the eye of the offending matter is of paramount importance and water is an agent that can be reached in the shortest possible time.

A burning cinder, the flying tip of a match stick, hot cigar ash, any small burning object may lodge in the eye. Your first impulse would be to clap the hand over the eye. By doing this you may destroy the sight of the eye. Always pull the lid away from the eye and at once flood the injured membranes with oil—any kind of oil. If there is no oil at hand use butter, lard or any soft fat, the object being to render the cinder inert, to soothe and allay the inflammation, to separate the membranes that no adhesions form—until the patient sees the doctor.



LITTLE Miss Muffet
Sat on a tuffet
And threw her curds
away
For right there beside
her
She suddenly spied her
Bond-Bread-and-milk
for the day.

Unselfishness

By Sophie Irene Loeb.

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SHE was young and lovely when she began to put away the pretty things in the big box. The work of her hands and heart. And a thrill like no other in the world. Crept through her being—a thrill of hope of him that would come to share with her these sweet-scented things.

He came—brave and strong and fine. Oh, the joys that were woven in the threaded things! Oh, the sunny days that passed with dreams of delight! All, all can never be reckoned by human measure. For they are more of a heavenly degree. And then came the shadow one sad day.

And the heart of her cried out as she saw what was in store. A servitude of vigilance and care. And she denied him she loved. He never knew that the heart of her almost died at the saying. But she knew she was making the choice between love and life.

Life to one—the one who bore her, who needed her every moment. Years crept by and she carried her cross. Even as a soldier who gives himself for that which he must obey. Came the day when she returned a black-robed figure. And the big box in the dark corner looked back at her. She opened it and again fingered lovingly The bits now yellowed with age.

A tear fell and then another. Yet a sweet calm came as she appraised it all. For she had closed the eyelids of her who never knew. Whose last words "I would have died long ago but for you." Love was gone, yet in its stead a satisfaction. That duty had called and found her not wanting.

L'Envoi.

Somewhere far away he read and came on wings of hope. It was not with the first fire of youth but with great understanding. A forgiveness of Fate and a great God-given desire To spread sunshine o'er that spirit of unselfishness.

No Window in Your Room? Try This One

A NEAT little illusion that gives closed add to the setting. A plant in to an interior room without a small pot rests on the window sill window the appearance of outside the window. The whole is having a couple of windows has lighted by electricity, the lamp being grown out of the housing shortage.

In one of the remodelled houses the owner has had a window-frame with glass in it set in the wall. There is a space of a piece of studding and then a suggestion of a blue sky.

Curtains are hung over the window air and adds a cheerfulness that could and a pair of inside shutters partly be obtained in no other way.

The Jarr Family

By Roy L. McCardell

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"I SEE by this article," remarked Mr. Jarr looking up from his reading, "that a Dr. Grinker, in Ogden, Utah, says love is a horrible malnutrition."

"Oh, I suppose he wanted to get his name in the papers, that's all," said Mrs. Jarr, complacently.

"If my name was Grinker I'd want to get it into court and have it changed," said Mr. Jarr.

"What else does he say?" asked Mrs. Jarr, looking up from her sewing.

"Oh, nothing much, except that a woman should select a husband with the same care she buys a dress, and a man should select a wife with the same attention he pays to buying an automobile."

"Huh!" said Mrs. Jarr, superciliously. "There's nothing new in that. I wonder if he's kin to a family we used to know whose name was the same as his? They moved out West, or was it just in West Virginia? I forget, but I used to go to school with the eldest girl. Such a freckled thing. Her name was Ella, but her family always called her 'Tutie,' Tutie Grimbler. I remember her as well as if it were yesterday."

"Don't you think there is some slight difference between the names Grinker and Grimbler, Mrs. Jarr?" asked Mr. Jarr, with a sneer. "And West Virginia is quite a way east from Ogden, Utah."

"Well, it doesn't matter," said Mrs. Jarr. "They might be the same people, for all your smartness, Mr. Knickerbocker. My mother's brother married a girl in Nashville, Tenn., a sweet little thing she was, and they always had hot blanchets for breakfast, no, for every meal, and her name was spelt Tallierrero, and yet everybody pronounced it 'Tolliver.' So there now!"

"See what?" cried the now exasperated Mr. Jarr. "You women are certainly the logical creatures! Now, you are always jumping on me for never sitting down and discussing the topics of the day with you. This is why I don't!"

"Why, are we not discussing it all right?" asked Mrs. Jarr, with surprise. "Now, we are not! I'll bet you ten dollars you can't tell me what I'm talking about, or what we are talking about."

"That's easy," said Mrs. Jarr, as she bit a thread and put her work down. "You were telling me about a Dr. Grinker, who said that women should choose their husbands as they bought a dress, and men should choose their wives as they would buy an automobile."

"Well, for once, you got it right,"

WHAT DO YOU KNOW?

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QUESTIONS.

1. What French monarch was so influenced by Mme. du Barry that she became the real ruler of the country until his death?
2. Who was the author of the novel, "Tilly?"
3. On what island do the Dyaks, who formerly made trophies of their enemies' heads, live?
4. What names are given to the three small bones of the middle ear because of the shape?
5. What is the shape of the earth's orbit?
6. What State group name is given to Maine, New Hampshire, Vermont, Massachusetts, Connecticut and Rhode Island?
7. On which side of the sun's disk does an eclipse always begin?
8. On which side of the moon does an eclipse always begin?
9. In which of its phases must the moon always be when it is eclipsed?
10. What is the State flower of Mississippi?

ANSWERS.

1. Louis XV. 2. Du Maurier. 3. Borneo. 4. Hammer, anvil and stirrup. 5. Ellipse. 6. New England States. 7. Western. 8. Eastern. 9. Full moon. 10. Magnolia.